



## **INSTRUCTIONS FOR COMPREHENSIVE STOOL ANALYSIS TEST**

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Please read instructions completely before you begin.

**OBJECTIVE:** The collection of two soft stool specimens passed 2-3 days apart or when patient is most symptomatic. **GUIDELINES:** Collect the first specimen on Monday. The second is to be collected on Thursday along with the swab culture test (see separate guidelines). All specimens must then be sent via next day delivery on the Thursday afternoon to reach PCI Europe on the Friday. **Specimens that arrive on the weekend will not be processed and the test will have to be repeated.**

### **RESTRICTIONS AND PRECAUTIONS:**

1. Avoid drinking and reduce your consumption of dark food (beets, red meat, rye bread, leafy greens, blackberries, black olives, plums, cherries, chocolate etc), dark supplements (charcoal etc), and liquid (blackcurrant) for several days before collecting sample. The lighter the colour of the stool, the better. If possible, adjust your diet during the same period by eating more fibre to produce a soft specimen.
2. Allow at least one week after termination of medication before collecting stool specimen, Medications such as antibiotics, antiparasitic, anti-malarials, mineral oil, antacids, non-absorbable anti-diarrheal preparations, or bismuth, e.g. Pepto Bismol, can affect the accuracy of the results. Do not use castor oil or liquid petrolatum. Do not collect the sample after undergoing radiological examination involving barium sulfate. **Do not discontinue any medications without your doctor's approval.** Stop taking the following supplements 7 days prior to collecting the stool samples – Digestive enzymes, probiotics and any GI supporting supplements
3. Handle with care, each specimen represents a potential source of infection with parasites, bacteria or viruses.
4. If any coloured liquid preservative from the vials or stool specimen gets into eyes or on skin, immediately wash area with water for at least 15 minutes. Avoid breathing vapours. If any discomfort or irritation develops, contact a doctor. The preservative is toxic if swallowed & irritating to eyes and skin. Antidote: rinse exposed area with water then wash with soap and water. If swallowed, do not induce vomiting; give plenty of water to drink and seek medical attention. Active ingredients: 2-Bromo-2-Nitro-1,3-Propanediol and Zinc Sulfate and includes no carcinogenic chemicals. The preservative is environmentally friendly and does not include mercury, formalin or alcohols.
5. In case of constipation, non-absorbable high fibre herbal laxatives may be used to produce softer stool specimens as long as they do not contain any anti-parasitic or anti-infectious ingredients.

### **DIRECTIONS:**

1. Place a stool sample paper in the front, dry part of toilet bowl. If your toilet bowl does not have a dry front part, you can place a newspaper on the toilet, put the seat down over it, and collect your specimen on top of that. Do not contaminate stool specimen with water or urine.
2. Carefully open one vial containing preservative. Using the spoon attached to the cap of the vial, collect small amounts of stool from near the top of your specimen and especially from areas that are slightly watery or bloody, if present, and place into vial. If diarrhoea, collect the latter part of stool specimen. The stool sample paper is biodegradable. Flush with stool when done.

**IMPORTANT: FILL VIAL WITH JUST ENOUGH SPECIMEN TO REACH THE FILL LINE. DO NOT FILL OVER LINE. OVERFILLING CAN AFFECT THE ACCURACY OF RESULTS.**

3. Replace and tighten the spoon/cap and shake vial until contents are thoroughly mixed. Make certain that vial is tightly capped to avoid leakage. Vial does not need to be refrigerated. Fill out label on vial. Wrap absorbent material around vial and place into Ziploc bag in which the preservative vials were originally shipped to you.
4. Repeat the procedure two or three days later and obtain another stool specimen then add the second vial in same Ziploc bag. If your symptoms are cyclical (sometimes they are worse and then better) it is more important to take your specimens when you are feeling worse than following the general 2-3 days apart guideline. If you have a history of negative results but still have symptoms you can take a total of 4 smaller specimens (2 in each vial), every other day. This way we will have 4 different days of data spaced out over a week.
5. Fill out requisition form completely. Samples not accompanied by the completed requisition form will NOT be processed.
6. Store in a cool place before transport. Ensure all samples are transported on Thursday (via next day delivery) in the **same package they arrived in** (i.e in the box/jiffy bag)

Should you have any questions please contact us on [enquiries@parasitetesting.co.uk](mailto:enquiries@parasitetesting.co.uk).

Results will be made available to your health practitioner within 10 days of receipt of sample, not including weekends or holidays.